



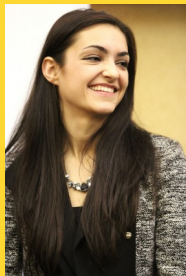
Officers



Bonnie Sexton
President



Chelsea Dilla
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The Rundown



WWW.KALAMAZOOAREARUNNERS.ORG

JUNE 2017

"Running is about finding your inner peace, and so is a life well lived."
— Dean Karnazes

Training for a Fall 5k or 10k? Check out the Fast Track Program!

By Bonnie Sexton



2016 Fast Track 5k and 10k Training Program

If you love the 5k and/or 10k distances and enjoy training with a group, look no further than the Fast Track 5k and 10k Training Program. Kalamazoo Area Runners offers sessions year round; spring and fall in Battle Creek and summer and winter in Kalamazoo.

The summer session of the Fast Track 5k and 10k Training Program in Kalamazoo begins July 11th and runs Tuesday evenings through September 12th at WMU Kanley Track.

Fast Track is unique in that it incorporates multiple scientifically proven methodologies in order to prepare runners of a wide variety of ability levels. For the beginner, Fast Track I, a walk-run program prepares runners for their first 5k. Runners start at 4 min walk, 2 minute run intervals, and gradually increase run time until they are running continuously for 30 minutes.

For a runner who has completed their first 5k, or who is looking to transition from the 5k to 10k through a low mileage program, we offer the Fast Track II Step Up Program. This program enables runners to take their training to the next level.

Contents

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Board Members At Large



Tiffany Andrus



Michael Hutchinson



Fred Keister



Amanda Knapp



Kerri Langdon

The Fast Track II Step Up program is for runners who may not have yet developed the aerobic base needed to support structured interval training and are continuing to develop their aerobic foundation. Participants in the Fast Track II program are introduced to light speed work through Fartlek runs. Fartlek means “speed play” in Swedish and these workouts offer a fun way to incorporate faster running into your workouts. The fartlek runs are done off the track and on a variety of routes on or near campus.

The Fast Track III (introduction to speed work) and Fast Track IV (competitive speedwork) programs are group together for the workouts, with the difference being the number of intervals, and total weekly mileage volume. Runners entering the speedwork programs should have a solid aerobic foundation of at least 20 miles/week and are looking to maximize their performance. These workouts emphasize anaerobic development, alternating short and long intervals.

The Fast Track 5k and 10k Training Program has a team of 18 coaches and committee members to ensure a low coach to participant ratio. Runners are grouped with other runners of similar ability within each program type. The program’s philosophy is to provide a training program built on scientifically proven training methodologies, while at the same time nurturing a positive, fun and supportive culture. Spirit days, informative clinics, injury assessments and post-run socials are all optional activities incorporated into the program, and runners may pick and choose those they wish to participate in.

If you are focusing on the 5k and 10k distances this fall, we encourage to check out the Fast Track 5k and 10k Training Program. The cost of the program is \$35 (plus the cost of KAR membership if not already a member) through July 7, 2017. The prices increases to \$45 July 8 through July 31, 2017. For more information and registration, visit www.karfasttrack.wordpress.com

Bonnie Sexton is KAR Board President and has served on the leadership team since 2004. She is married with three children, an avid runner, event and training program founder and organizer, served as a HS XC Coach for three years and is an HR and Community Relations Director for a Kalamazoo non-profit organization. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II. In addition to authoring articles for The Rundown, her publications have appeared in Michigan Runner Magazine. She is recipient of the 2011 STAR Community Leadership Award and 2013 RRCA Club President of the Year Award and serves on the Speakers’ Bureau of the United Way of the Battle Creek and Kalamazoo Region.





Kristen Mansfield



Carrie Mortlock



Scott Struck



Elizabeth Vandenheede

Just Another Member's Story: Robert Levy

Once a Runner, Always a Runner

By Gale Fischer

"Running. A human body's most raw form of freedom."



Our running community is full of stories of those in the cusp of middle age who have signed on as a runner. As children most of us have taken on running in some form whether it be chasing butterflies in the yard or playing a game of tag on the playground with our friends. As adults our running may take on a much more organized format than what we may have experienced as children but still part of how running helps us defy Father Time is the spontaneity that it brings to our lives. Whether we have participated in organized running in our youth, like this month's featured member Robert Levy, or if we just frolicked in typical childhood activities, all adults who are now members of the running community have returned to running.

Robert first identified with running as a high school athlete. "I started running when I was in high school. I did it because my friends ran and it was a co-ed sport."

Robert continued as a competitive runner after high school and into college. "I then ran in college for Aquinas College in cross country."

Injuries eventually got the best of Robert, forcing him to give it up but in time he would return. "I took some time off running after college due to injuries and got back into running this last time in 2011. It was to be healthier and lose weight."

Like many in our sport, Robert dislikes the injuries that it are associated with running. "What I like least about running are the injuries." Although the injuries have resulted in forced layoffs and adjusted goals, Robert has learned to manage. "I have dealt with some hamstring issues over the years, but have managed it well recently. So far. I have finally been working in some strength training into my running."

What Robert enjoys most about running is what many refer to as the runner's high. "I like the way I feel during the run and after the run." Robert likes the way that running can offer a different view of the world around him. "I love the fact that you can see much more of areas around you than in a car." Like many in our sport, Robert also appreciates the social outlet that running can offer. "I love running with groups and hanging out during the run."

Once a Runner, Always a Runner

Robert utilizes the support and mentorship of many local runners, most notably, Steve Rice. "I know I can ask him anything about running and he probably has a story or insight. The few times he doesn't know he just says I don't know."

Robert looks to Olympic running legend, Galen Rupp for inspiration. "Galen trained hard for the 2012 Olympics 5000. He had troubles at the end of races and worked on it. That last lap he turned it up and took second just off Moe Farah."

Robert's words of advice for other runners revolve around the premise of keeping running simple and appreciating it for what it is. "Take the time once in awhile to just go for a run and not worry about time or distance."



Robert took on the marathon challenge in 2011, running his first marathon. He came back in 2012, dropping almost an hour off his time by training harder and smarter and by receiving a little help from a friend. "My most memorable moment as a runner was finishing my 2nd marathon. I ran my first marathon in 2011 and I really didn't train for it. I managed to finish in 4:46 and hurt for days, but smiling. I trained hard during the summer of 2012 to improve my time and managed to get some help from my new friend at the time Kyle. I wound up finishing in 3:57 even though I injured my hamstring in the end."

The improvement that Robert has made from his initial marathon is a big reason why he enjoys the twenty six mile distance but he also tries to run a variety of distances. "My long term goal is easy. I want to be able to keep running into old age even if I am much slower."

Although Robert appreciates the simplicity of our sport and not treating every run as one with a specific goal or target, his goals short term do revolve around staying dedicated and disciplined to a training plan. "My short term goal is to successfully finish my half marathon training plan. Last year I had some troubles getting my runs in due to changes in my work schedule and some motivation trouble."

Like many of us who enjoy running, Robert longs to keep it a part of his routine for years to come. "My long term goal is easy. I want to be able to keep running into old age even if I am much slower."

Robert began running as a child as children often do in an unorganized fashion on the playground with his friends and in the yard chasing after bunnies and birds. He picked it up in a more organized format as a high school student, participating in track and cross country for his high school and then continuing as a student athlete competing at the collegiate level. Although he took some time off after college due to injury and perhaps a mental break he found himself as a runner again later in his adult life. Robert is a lifelong runner like many of us.

Everyone has a story. Stay tuned next month for another runner's story.

Gale Fischer has been running since 1997, is married with two children and is a long time member of Kalamazoo Area Runners. Gale served on the Board of the Battle Creek Road Runners before merging with Kalamazoo Area Runners, and is an avid runner, author and educator from Battle Creek. His philosophical publications have appeared in Marathon and Beyond, the Lansing City Pulse and Michigan Runner.



Just Another Runners Perspective

Finding Your Own Balance

By Gale Fischer

"We are often at war with ourselves. You have to find that balance between your heart and your mind."

--- unknown author

My stopwatch rested in my right hand as my team's lead runner, Mallory approached me heading into the final lap of the 1600-meter run. Glancing quickly at my watch, I did the math in my head, realizing that her finishing time probably would not be what we were hoping for, but as her coach the effort that she was displaying still pleased me and how quickly she crossed the finish line remained a secondary goal. The look of anguish and defeat on her face as she moved toward me was hard to witness as a coach. Sure I wanted a better time out of her, something she could build on for the last half of the season but not at the price of sacrificing her love of running. Her competitive drive had been a powerful tool for her in her first two years as a high school runner. I longed for her to use the mentality that she possessed to her advantage not to her detriment.

As a freshman Mallory had been our number one distance runner on both the track team and cross-country team, just missing out on qualifying for state as a cross country runner in the fall. She was again our number one runner during her second campaign of cross-country, making the jump to state meet as a sophomore. Her talent and competitive nature could take her to great places as an athlete but not without the proper mental and emotional outlook. Mallory needed to learn to balance this competitive side of her personality with the simplicity and joy that comes with running. Midway through her sophomore year as a track athlete she was teetering on the edge of this dangerous line about to plunge off into the abyss that no athlete should ever encounter. The pressure she was putting on herself would soon become a thorn in her side, creating a hatred for the sport that she had excelled in, if she failed to regain a more healthy perspective on her status as a runner among area athletes. A pep talk from me, her coach, was something that would need to happen soon to assure her that there are more important things in the world of high school running than first place finishes and sub six minute miles. These goals could be her driving force but should not dictate the role that running should play in her life. Ultimately Mallory's legacy as a runner and a person would be cemented not on fast times, conference awards or state appearances but more on her outlook and approach to running and life. As she crossed the finish line a few minutes later it was obvious by the look on her face and her body language that now was not the time to approach her. This much-needed conversation would have to wait until the next day's practice.

As adult runners we must proceed with caution to not fall prey to the negative ramifications of being a competitive athlete. Running, or any sport for that matter, should be something to find joy in each and every day. There are many activities that can soothe the human soul and athletics should be no different. What makes sports different than many hobbies is the goal of winning that can exist. Certainly there are many who partake in the sport of running who have no desire to measure themselves against their peers or continue to raise the stakes in terms of their individual potential, which in many instances is to their advantage.

Without competition dominating one's experience, the window for individuals to enjoy the social outlet that running can provide, might open a little wider. Perhaps there is no better way to experience the peace and tranquility of immersing ourselves in nature and our outdoor surroundings than through a leisurely run along a wooded trail with the birds singing and the sun reflecting itself off a nearby body of water. Running can give us the perfect scenario for unwinding after a hectic day or jumpstarting the physical and mental psyche early in the morning prior to embarking on the hours ahead. Our sport should be a way to relieve stress. By allowing running to create another stressor in our lives we fail to reap the rewards that it can provide.

Finding Your Own Balance

I'm not trying to discourage anyone from following the competitive charge that exists deep inside of his or her soul. This passion that roots itself in many athletes can be a great source to become faster or to increase one's endurance. For those who struggle to get out the door on a arctic cold winter morning or a sultry summer afternoon, the urge to better one's performance can be the push to get in a daily run, bringing with it the other positive stimulus that lies ahead in the middle of a five or six miler.

Most are not immune to the feeling of disappointment that often comes when failing to meet a specific goal for a race or training run. I have fallen victim to this countless times. This feeling of frustration is something that cannot always be ignored. At times it may provide the spark needed to push harder. One must not let these feelings of defeat consume every waking minute, however. There is a certain amount of self-control in using this sense of failure to fuel the fire but then ultimately to set it to the side so that it does not become all encompassing.

As a high school coach, the joy associated with crowned champions and personal PRs amongst my athletes cannot be denied. There are goals that I set for each of my athletes in terms of first place finishes, season PRs and state qualifying performances. These goals always play second fiddle to what is truly important however. What I desire most for each of my athletes more than anything is to take pleasure in the sport of running. For some this might include sharing the passion for running that I have, although one does not need to possess a zeal for our sport to partake in all that it has to offer.

I would love nothing more than to see my athletes running recreationally after high school. As they enter college and are in the midst of studying for final exams I would hope that a break from their academic load with a run might provide some respite while recharging their brains. While dealing with a break up of a boyfriend or girlfriend a daily run might disperse the pain that they are feeling. I hope that they realize that running can provide them a healthy dose of stress relief through the trials and successes associated with teenagers and young adults. It might turn into the one steady presence in their lives as they move through the transitions that are on the horizon for them through the next decade and beyond. I long for them to realize that running can give to them lifelong friendships and healthy living to follow them through middle age and beyond.

When I first began running at the age of twenty-nine I had no competitive juices to keep my motivation. My drive originated from the ideology of pushing my mind and body beyond perceived limits as I set my sights on the marathon distance. As I gained more experience I phased into competing with my peers which became a driving force for me but still one of many incentives for me as a runner. I took pleasure in PRs and age group awards at local races, but was also making new friendships while creating harmony between my mental, physical and spiritual components. As a young man at the age of seventeen I had lost my father, without warning to a massive heart attack, throwing me into a pit of despair for the next five years. Two decades later running was providing me the comfort and reassurance of knowing that I was doing all that I could to shelter my wife and children from a similar tragedy.

My own experience as a runner has molded my philosophy as a coach. I expect my athletes to work and do their best. I want them to compete at a high level but ultimately they must long for this more than me. Most importantly I want each of my runners to find that balance of competing while at the same time not letting it dictate their lives in a way that creates extra stress. This balance must exist in all of us at varying levels. Each of us must be aware of where that level lies within us. Running should be a stress relief not a stressor. If not then why run?

KEEP RUNNING!!

Until next time, this has been just another runner's perspective.

May New and Renewing Members

Jeanmarie Bradley
Amanda Coppock
Kate DeGraaf
Jill DeLong
Kim Evans
Carie Faul
Shelly Fink
Matthew Freds
Celia Geark
Mike Green
Mary Haskamp
Lani Hensel
Joe Hillman
Joseph Hohler III
Abigail Jasiak
Eric Jasiak

Shannon Kelly
Chris Kloosterman
Deborah Kloosterman
Michael Kloosterman
Robert Kloosterman
Steven Kloosterman
Andrew Levy
Brandi Levy
Robert Levy
Lesley Nedervelt
David Porter
Gabriel Porter
Gayle Porter
John Rachor

Rachael Redmond
Marie Rogers
Alisha Rowe
Kathryn Sellers
Robert Sheppard
Bob Smola
Alan Sylvester
Don Theis
Emily Theis
Jen Theis
Katherine Theis
Mark Throckmorton
Linda Vaughan
Mehdi Vazifedan
Jennifer Zindler

June New and Renewing Members

Alexander Argo
Brian Argo
Evelyn Argo
Tracy Argo
Jalayne Bennett
Thomas Bennett
Lance Bentley
Quinten Bortz
Paul Cahill
Billy Campbell
Hillary Campbell
Cooper Capman
Dale Capman
Drew Capman
Melissa Capman

Aaron Decker
Chris DHulster
Brooke Feraco
Frank Feraco
Morgan Feraco
Michael Guthrie
Caroline Hains
Claire Hains
Decker Hains
Grace Hains
Madeline Hains
Sandrena Hall
Carol Heinicke
Ian Heinicke

Christie Kelly
Jacqueline Killmer
Blaine Lam
Bobbie Lam
Bill Lewis
Kim Loiselle
Maleeka Love
Lindsay Meulman
Keith Myers
Tom Nehil
Shelly Parkhurst
Emily Patterson
Ted Petersen
Emma Raabe

Dave Roberts
Dawn Roberts
Alexandra Robison
Ben Siems
Emily Sipsma
Alex Thorn
Kellie VanderMeer
Ben VanLoo
Sam VanLoo
Scott VanLoo
Susan VanLoo
Andrew Widner
Christina Yavarow

Kalamazoo Area Runners (KAR) Club Championship Series

The Kalamazoo Area Runners (KAR) Club Championship Series consists of local events offering a discount to KAR members (except as noted) and runners earn points for participating. Time points are added for each runner's best 9 races. Points are determined as follows: Time points = winner time/runner time x 100.

Club Series age group awards will be presented to the top three in each age division at the Club Series Awards Celebration scheduled for November 14, 2017.

[Click here for more information and a list of 2017 Club Championship Series Races](#)

Meet Our Volunteer Directors & Board Liaisons



**Meet
Nikki Elder!**

Tiffany Andrus

Director, Race and Service Provider/Merchant Discounts
Board Liaison, Kal-Haven Trail Run
Tiffany.andrus@kalamazooarearunners.org

Amanda Burdette

Co-Director, BC Fast Track (Spring/Fall)
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Doug Chapel

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Co-Director, BC Fast Track (Fall)
Co-Director, BC Beyond Training Program
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Membership Director
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Co-Director, Battle Creek Fast Track (Spring)
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Featured Runner and Another Runner's Perspective Author.
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Michael Hutchinson

Director, Thursday Night Richland Library Runs (with Cindy Schnotala)
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Arya Jayatilaka

Club Photographer
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Co-Director, Indoor Fast Track
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Amanda Knapp

Co-Director, Turkey Trot Time Prediction 5k Run
Director, Expo Management
Amanda.knapp@kalamazooarearunners.org

Kerri Langdon

Director, Annual Banquet and Club Series Celebration
Board Liaison, Winter Blast Half Marathon, 10k and 5k
Kerri.langdon@kalamazooarearunners.org

Carrie Mortlock

Director, Project Sole
Board, Liaison, Bunny Hop Run
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Co-director, Sunday Afternoon Runs in Battle Creek
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Leslie Scheffers

Director, Information Technology Security
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Cindy Schnotala

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Bonnie Sexton

Director, Beyond Training Program (Kalamazoo)
Director, Fast Track Training (Kalamazoo-Summer)
Co-Director, Summer Safari (with Gazelle Sports)
Director, Kalamazoo Klassic (MRC)
Board Liaison, Winter Blast Half Marathon, 10k and 5k
Director, Club Series Outreach
Team Captain, Race for the Cure
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Rundown Editor

Scott Struck

Director, Team Events (non-fundraising)
Board Liaison, BC Fast Track & Beyond
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Liz Vandenheede

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Board Liaison, Kal-Haven Trail Run
Liz.vandenheede@kalamazooarearunners.org

Jay Wardell

Co-Director, Indoor Fast Track (Kalamazoo)
Jay.wardell@kalamazooarearunners.org

Upcoming Kalamazoo Area Runners Events and Programs

Check out Kalamazoo Area Runners spring and summer events and programs! Keep track of the important dates that you need to know and learn more about our events and programs by visiting the following websites:

[Kalamazoo Fast Track 5k and 10k Training Program](#) (July 11–September 12)

[Summer Safari Half and Full Marathon Training Program](#) (June 10– October 7)

Group Runs

Connect with other runners through local group runs and training programs! Our comprehensive group run listing features KAR organized as well as other community training programs and group runs in the greater Kalamazoo/Portage/Battle Creek area. For more information, contact the individual(s) indicated on each run/program. Updates or corrections may be sent to Liz VandenHeede at liz.vandenheede@kalamazooarearunners.org

[Click here for a community group run list.](#)

Next KAR Board Meeting is July 10, 2017

The next KAR Board Meeting is July 10, 2017 at 7:30pm at the Maple YMCA. As always, members are welcome to attend. For questions contact **Bonnie Sexton** at bonnie.sexton@kalamazooarearunners.org.

Follow the Kalamazoo Area Runners on Social Media!

Follow us on Facebook®. Connect with each other, receive event and program updates and more! Click on the above icon and join the Kalamazoo Area Runners Facebook® Page. The KAR Facebook® page is a social media platform dedicated to the latest information on KAR organized, co-organized or sponsored events, programs and membership. KAR also maintains our Kalamazoo Area Runners and Kalamazoo Area Runners in Battle Creek Facebook Groups as a forum for KAR and running community discussion and posts. Invite your friends to "like" us and thank you for connecting with us on Facebook.

facebook

Injury Assessment Clinics Through Bronson Sports Medicine

The Kalamazoo Area Runners are pleased to partner with Bronson Sports Medicine to present a FREE monthly sports injury walk-in clinic!

Do you have an injury from running, exercising or training? Athletic Trainers from Bronson Sports Medicine can help. Injury Assessment Clinics are held the third Wednesday of each month from 4:00–6:00pm for KAR Members. Please call 269-341-8280 with your name and phone so that proper clinic staffing can be arranged. Clinics are held at Bronson Athletic Club, 6789 Elm Valley Drive, Kalamazoo.

Questions? Call 269-330-2747 or 269-808-0041 or visit [Bronson Sports Medicine Injury Clinics](#)

 **BRONSON**
Sports Medicine

Race Discounts

KAR Members are eligible for many local and regional events. Please contact Tiffany Andrus at tiffany.andrus@kalamazooarearunners.org if you need a KAR membership discount code for an upcoming race, training program or participating merchant or service provider.

Discount codes are no longer required for events presented by the Kalamazoo Area Runners, or in most cases for other events utilizing the RunSignUp registration system. The system will automatically detect current KAR memberships if the RunSignUp account has been properly claimed. For more information and questions about this process, please contact Tiffany Andrus at the email address above. Below are upcoming events and programs offering KAR members a discount:

[The Legend \(5M, 10M, Half Marathon\)](#) – Laingsburg, MI
August 5, 2017
10% Discount

[Running Between the Vines \(Half Marathon, 5M, 5K\)](#) – Jackson, MI
August 19, 2017
10% Discount

[Rock Hall Half Marathon & Relay](#) – Cleveland, OH
August 20, 2017
\$10 Discount

[Rock City 5K & 10K](#) – Cleveland, OH
August 20, 2017
\$5 Discount

[Moose on the Loose Family Fun Run & 5K](#) - Marquette, MI
August 26, 2017
\$10 Discount

[Kids Moving and Thriving 5K](#) - Kalamazoo, MI
September 4, 2017
\$10 Discount

[Holland Haven Marathon \(8K, Half, Full Marathon\)](#) – Grand Haven, MI
September 10, 2017
\$10 Discount

[Rattlesnake Run Family Fun Run & 5K](#) - Rochester, MI
September 17, 2017
\$10 Discount

[Holland Hospital Park2Park Half Marathon](#) Holland, MI-
September 23, 2017
\$8 Discount Half Marathon; \$5 Discount 5k

[Turtle Trot Family Fun Run & 5K](#) - Ann Arbor, MI
September 24, 2017
\$10 Discount

[The Hungerford Trail Races \(50M, Half & Full Marathon\)](#) – Big Rapids, MI
September 30, 2017
\$15 Discount

[Monarch March Family Fun Run & 5K](#) - Kalamazoo, MI
October 1, 2017
\$10 Discount

[Sturgeon Sprint Family Fun Run & 5K](#) - Detroit, MI
October 8, 2017
\$10 Discount

[Run the Year 2,017 Miles in 2017](#) Fitness Challenge
\$5 Discount

Service Provider and Merchant Discounts

AGILITY PHYSICAL THERAPY

KAR members receive \$10 off specialty services at Agility Physical Therapy and Sports Performance including:

- Gait Analysis
- Lactate threshold testing for heart rate monitor training
- Biomechanical evaluation for orthotic recommendations
- Lower quarter screen for proper posture and bike fit
- Comprehensive musculoskeletal assessment and sport specific training program
- S2P.E.A.K plyometric jump training program for performance enhancement and knee injury prevention.

Visit www.agilitysportsmedicine.com for locations and contact information.



BRONSON ATHLETIC CLUB

The Bronson Athletic Club is offering KAR members a the following:

- \$100 initiation fee (new members)
- Free equipment orientation
- Free Wellness Assessment with a personal trainer (membership required)
- Free Pilates Reformer Class

For more information on joining, contact membership at 544-3200 or stop by and mention KAR and the member discount code.



ATHLETIC MENTORS

Athletic Mentors, located in Richland, is offering KAR members the following coaching and metabolic testing discounts:

- Run Coaching: 10% discount per month off monthly run coaching programs. Start-up fees waived with a 3 month commitment.
- Metabolic Testing: 20% off. The initial test is regularly priced at \$195 and includes a 30 minute consultation (\$156 KAR price).
- New in 2017, the Metabolic Efficiency Class includes an ME Test, and a 2 hour training to teach how to understand your test results as well as how to train and eat to become more metabolically efficient. The class and repeat tests (without consultation) are regularly priced at \$135 (KAR price \$108).

For more information visit <http://www.athleticmentors.com/> or call 664-6912. Please use the standard KAR discount code when booking services.



CENTERING YOGA

Centering Yoga is Battle Creek's first and only dedicated yoga studio offering Basic, Gentle, Restorative, All Level Flow, Hot, Stand Up Board and Core Power Yoga. Located at 1279 W. Columbia Avenue, Centering Yoga is offering members of the Kalamazoo Area Runners a two week trial of unlimited yoga classes for \$25, as well as 10% off a 10 pack of classes. Please register for classes via <http://www.centeringyogabc.com/> and

Use the standard four digit KAR code to receive the member discount.



BORGESS HEALTH AND FITNESS CENTER

The Borges Health and Fitness Center is offering KAR members their corporate discount rate of \$99 initiation fees (50% off) for new members (\$50 each additional associate). Subject to change with future facility rate increases. For more information call 552.2348.



CEREAL CITY ATHLETICS

Cereal City Athletics is offering KAR members discounts on all of its 2017 events. Visit <https://www.cerealcityathletics.com/> to learn more about Cereal City Athletics and to register for their 2017 events. Cereal City Athletics uses the RunSignUp registration platform, so KAR membership will be automatically recognized.

2017 Events include:

Paddles and Picnic, May 14 (\$3 off)
Ice Cream Century Ride (\$5 off)
Battle Creek Half Marathon & 5k, (\$5 off 5k, \$5 off half marathon)
Cereal City Triathlon,
Cereal City KIDS Triathlon
Tinsel Toes 5k

Cereal City Athletics also has an online store featuring TYR's multi sports apparel line. KAR members are eligible for a 10% discount when shopping! Please use the standard KAR discount code at checkout to receive your discount.



Service Provider and Merchant Discounts

KALAMAZOO ATHLETIC WELLNESS

The Kalamazoo Athletic Wellness sports Massage Center is a sports minded massage facility. Kalamazoo Athletic Wellness is southwest Michigan's largest provider of therapeutic and sports massage! Their Sports Massage Center offers a full postural and gait analysis as part of your initial consultation. You can use their convenient online scheduling at www.kalamazooathleticwellness.com or call 269-373-1000 to schedule. KAR members receive \$10 off any massage of an hour or longer at the Sports Massage Center location only. Cannot be combined with other discount offers.



SPIRIT RACING

Spirit Racing is offering KAR members discounts on all of its 2017 events. Discounts range from \$20 for adult triathlon relays, \$10 for adult individual triathlons, and \$5.00 for the remaining events and kids triathlons.

Visit www.spiritracing.us to learn more about Spirit Racing and to register for 2017 events, using the 2017 KAR discount code..

Schedule of events:

- Gull Lake Triathlon-June 24, 2017
- Shermanator—August 5, 2017
- Kids Get Active Triathlon-August 12, 2017



DOWN DOG YOGA CENTER

Down Dog Yoga, conveniently located in downtown Kalamazoo, is now offering members of KAR the following benefits:

One FREE yoga class each year of KAR membership (to be used on date of choice for any weekly drop-in class).

\$5 off a 5 Class Pack (normally \$75 - only \$70 for KAR members).

15% off Down Dog Yoga Center merchandise.

For more information visit www.downdogvogacenter.com. Provide the 2016 discount code to receive discounts.



NITE BEAMS

Nite Beams is offering KAR members 20% off all products online and in-store! Shop for LED safety products for runners, walkers, bicyclists, and pets at www.nitebeams.com.

Be sure to use the four digit standard KAR



code to receive the discount.

Service Provider and Merchant Discounts

GAZELLE SPORTS

Gazelle Sports, newly remodeled and conveniently located in downtown Kalamazoo, is offering 10% off regular priced footwear purchases year round for all KAR Members!

Visit www.gazellesports.com for more information on footwear available.



Gazelle Sports

CORE

CORE is a tool for athletes of all levels. They help create nutrition plans for training or big events.

CORE is providing the following for KAR members:
50% off the Premium Plan
Single nutrition plan for a race or event
No limit on the the number purchased with the discount

75% off the Unlimited Subscription through May 31st,
50% on and after June 1st
1 year subscription
As many Premium Plans as you would like

Special plans available for Boston & Kalamazoo Marathons.

Visit www.fuelthecore.com for more information. To receive the deal, use the standard four digit KAR discount code upon checkout.

CORE

NUTRITION PLANNING

TROY HUGGETT FITNESS PROS

Troy of Troy Huggett Fitness Pros would like to offer members of the Kalamazoo Area Runners a discount on a strength training class that he offers at his training facility in Battle Creek. This class is designed for cross-training of runners who are looking to increase strength, endurance and overall performance while reducing injury risk. It is a 30 minute... Strength and Conditioning class using a variety of modalities including, but not limited to: bodyweight, dumbbells, resistance bands, sandbags, and resistance machines. Each individual session will vary exercises, sets, reps and equipment, while maintaining a focus on safely increasing strength, stamina, and flexibility.

Pricing for the classes is typically \$30 per month (4 sessions) or \$10 per session. Troy would like to offer the class to KAR members for \$20 per month (4 sessions) or \$8 per session.

To learn more and to register visit www.troyhuggett.com.

Troy would also like to toss in a bonus offer of a B.O.G.O monthly Rock Climbing membership. Generally it is \$20/per person for the month - no long term commitment, joining fees, or additional fees of any kind. KAR members can buy one and give the other membership to a friend. This is a great way to train for obstacle course races in addition to just getting some great cross training in

To learn more and to register visit Troy's website at www.troyhuggett.com.

YMCA OF BATTLE CREEK

The YMCA of Battle Creek is dedicated to strengthening the Battle Creek community while building strong minds and strong bodies. Located at 182 Capital Ave., NE, the Battle Creek YMCA is now offering a 15% membership discount to KAR members! Visit YMCA Battle Creek to learn more membership and use the 2017 KAR discount code when registering.





Mission: To promote a healthy lifestyle through the sport of running while enhancing the quality of life in the community

Email: Membership@kalamazooarearunners.org

Kalamazoo Area Runners does not endorse any specific political or religious viewpoint of partners, sponsors, and benefiting or otherwise listed organizations.

Kalamazoo Area Runners Fanwear Store – Check Out Our Apparel Line!

Have you checked out the updated Kalamazoo Area Runners Fanwear from Gazelle Sports? Short sleeve and long sleeve tech shirts, singlets, 1/2 zips and jackets by Nike are now available for purchase on the

[Team Gazelle site!](#)

A couple of notes to help you navigate the new Fanwear site:

1. When you click on the link above, you will be taken to a

page that says “Gazelle Sports Soccer” at the top. You are in the right place! Just choose the team name “KAR Fanwear” and continue.

2. The next step is to choose the player name “K Runners.”
3. Finally, check the box at the bottom of the terms page, and continue on to check out the new Nike options.

